

Stay Healthy During Clean-Up!

The Rolette County Public Health District encourages everyone cleaning up after the recent tornado to stay healthy by following these tips:

- Always wear mosquito spray to avoid being infected with West Nile virus.
- Take precautions when cleaning areas that contain mice droppings, nests or dead mice. For more information, see the “Hantavirus Pulmonary Syndrome” fact sheet available at www.ndhealth.gov/disease.
- Make sure your tetanus vaccination is up to date (within 10 years).
- Dispose of garbage properly.
- Wash your hands before you eat or drink.
- Drink plenty of water to avoid dehydration.
- Take breaks in the shade or an air-conditioned car to avoid heat exhaustion and heat stroke.
- Lift heavy objects properly to avoid back injuries.
- Wear sturdy shoes, protective eyewear and masks, if possible.
- If you are injured during clean-up, wash the wound with soapy water and seek medical care if needed.

For more information, contact the Rolette County Public Health District at 701.477.5646 or the North Dakota Department of Health at 701.328.2372.